



## WOMAN Challenge Fact Sheet

This May, thousands of women across the country will embark on an eight-week walking challenge for better health. They will be part of the WOMAN Challenge—that is Women and girls Out Moving Across the Nation. The U.S. Department of Health and Human Services' Office on Women's Health is coordinating the WOMAN Challenge to encourage women to get 30 minutes of moderate activity most days of the week and to kick off the eighth annual National Women's Health Week (May 13-19, 2007).

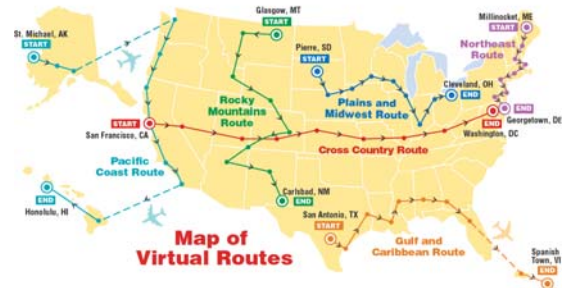
### What is the WOMAN Challenge?

This free eight week challenge encourages women and girls to walk 10,000 steps or get 30 minutes of moderate exercise every day. The WOMAN Challenge begins on Mother's Day, May 13, and ends on July 8, 2007.

### How can I register to participate?

Beginning in April, participants can register online at [www.womenshealth.gov/woman](http://www.womenshealth.gov/woman).

Participants will receive a pedometer (while quantities last) and tracking log to record their progress throughout the eight weeks. They will also receive weekly motivational e-mails and health tips to help them reach their goal. Women can choose to travel one of six different "virtual" courses across America.



### Can I register a team to participate in the challenge?

Team participation is highly encouraged. You can create a team of up to 10 people. Form an intergenerational team with you, your mom, grandmother or daughter, encourage your co-workers to create an inner office team or walk with your girlfriends. However you choose to take part in the WOMAN Challenge, make it fun.

For information about the WOMAN Challenge and National Women's Health Week, please visit the National Women's Health Week Web site at [www.womenshealth.gov/whw](http://www.womenshealth.gov/whw) or call (800)-994-9662 or TTY: (888) 220-5446.